



Creekside Physical Therapy

TMD

Creekside Physical Therapy offers a comprehensive approach to address the evaluation, treatment, and education of patients with TMJ dysfunction.

Conditions that may be treated in PT:

- Internal derangements with reduction
- Internal derangements without reduction
- Inflammation (acute/chronic)
- Sprain/strain
- Post fracture
- Post surgery, injection, arthrocentesis
- Post trauma/dental work
- Muscle pain, contracture
- Headache
- Neck pain

Common Causes:

- Injuries to the jaw, head and/or neck (motor vehicle accidents, falls, sports)
- Diseases of the muscles or joints (arthritis, myalgia)
- Overuse (repeated clenching/grinding of teeth)
- Dental conditions (loss of teeth, bite changes)
- Genetics (bone growth, development)

Evaluation:

Your physical therapist will assess multiple factors that affect TMJ function including:

- Head, neck, and jaw posture
- TMJ mechanics
- Spinal mobility
- Muscle strength/length/coordination
- Functional jaw activities
- Jaw behaviors

Treatment:

Intervention is individualized to meet the needs of each patient. Treatment may include:

- Education in posture, body mechanics, and behavior modifications

- Manual therapy techniques to relieve pain and improve joint mechanics
- Muscle re-education
- Therapeutic exercises to improve mobility and stability
- Modalities to reduce inflammation, pain, and promote healing

Why is a referral appropriate?

When pain or altered TMJ mechanics interfere with jaw activities, see your family physician, dentist, or TMJ specialist to rule out any other medical conditions. A referral for physical therapy may then be indicated.

What about insurance?

Most, but not all, insurances cover physical therapy for TMD. Check with your insurance by calling the customer service number on the back of your card.